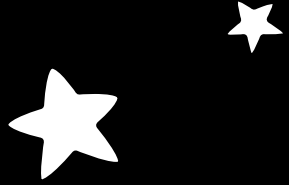




Unit - 2

Physical Education





Unit - 2

Children and Women in Sports



Syllabus 2023 – 24 (Theory – 70 Marks)

CLASS XII COURSE STRUCTURE

UNIT NO.	UNIT NAME	NO. OF PERIODS (190 HRS)	THE WEIGHTAGE (MARKS) ALLOTTED
UNIT 1	Management of Sporting Events	15	05 + 04 b*
UNIT 2	Children and Women in Sports	12	07
UNIT 3	Yoga as Preventive measure for Lifestyle Disease	12	06+01 b*
UNIT 4	Physical Education & Sports for (CWSN)	13	04+04 b*
UNIT 5	Sports & Nutrition	12	07
UNIT 6	Test and Measurement in Sports	13	08
UNIT 7	Physiology & Injuries in Sport	13	04+04 b*
UNIT 8	Biomechanics and Sports	18	10
UNIT 9	Psychology and Sports	12	07
UNIT 10	Training in Sports	15	09
PRACTICAL (LAB)#	Including 3 Practical	56	30
TOTAL	Theory 10 + Practical 3	134 + 56 = 190hrs	Theory 70 + Practical 30 = 100

Note: **b*** are the Concept based questions like Tactile diagram/data interpretation/case base study for visually Impaired Child

Unit Contents

2.1 **Exercise Guidelines** of WHO for different age groups;

2.2 **Common Postural Deformities** – Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures;

2.3 **Women participation in Sports** – Physical, Psychological and Social benefits;

2.4 **Special consideration** (Menarche & Menstrual Dysfunction);

2.5 **Female Athletes Triad** (Osteoporosis, Amenorrhea, Eating Disorders)

CBSE Sample Paper Questions

Q16. If the menstruation cycle does not begin at puberty, the condition is called

- a) Primary Amenorrhea.
- b) Secondary amenorrhea
- c) Oligomenorrhea
- d) Dysmenorrhea

Previous Year Questions

18. Menarche is related to:

[1]

- (a) Ending of menstrual period in women
- (b) Beginning of menstrual period in women
- (c) Time of pregnancy
- (d) Spinal deformity

16. Match the following: [1]

List-I

List-II

- | | |
|---------------|--|
| I. Knock Knee | 1. Increase exaggeration of backward curve |
| Genu Valgum | |
| II. Kyphosis | 2. Wide gap between the knees when standing with feet together |

- | | |
|---------------|---|
| III. Lordosis | 3. Knees touch each other in normal standing position |
| IV. Bow legs | 4. Inward curvature of the spine |

Choose the correct option from the following:

- | | I | II | III | IV |
|-----|---|----|-----|----|
| (a) | 3 | 1 | 4 | 2 |
| (b) | 1 | 3 | 4 | 2 |
| (c) | 4 | 2 | 1 | 3 |
| (d) | 2 | 3 | 4 | 1 |

As per the Latest Board Syllabus
issued on 31st March, 2023

CLASS XII
2024
EXAMINATION

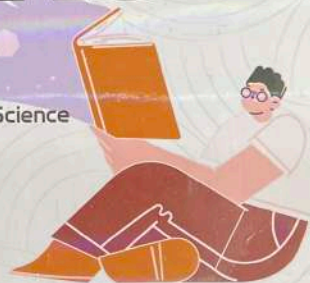
CBSE LAST YEARS SOLVED PAPERS

(All Sets Included: Outside Delhi & Delhi)

Science Stream [PCM]

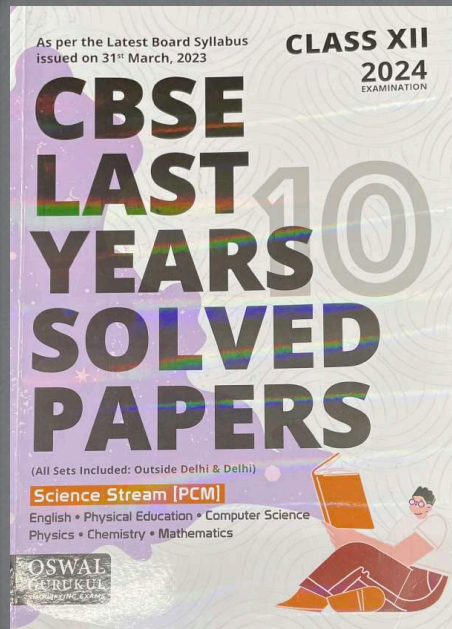
English • Physical Education • Computer Science
Physics • Chemistry • Mathematics

OSWAL
GURUKUL
SOLVING EXAMS



22. Elucidate any four types of fractures.

Ans. Following are the types of fractures:



- (i) **Simple fracture:** It is also called closed fractures, in this type of fracture a bone breaks but the broken bones remain within the body and do not penetrate the skin.
- (ii) **Compound fracture:** Also called open fractures, in this type of fracture the broken bones penetrate through the skin and expose the bone to the exterior environment.
- (iii) **Greenstick fracture:** This type of fracture involves bending of bone and cracks, instead of breaking completely into separate pieces.
- (iv) **Comminuted fracture:** It involves the breaking of a bone into several smaller pieces.
- (v) **Transverse fracture:** When the broken piece of bone is at a right angle to the bone's axis, it is called transverse fracture.
- (vi) **Oblique fracture:** When the breaking bones have a curved or sloped pattern it is called as oblique fracture.
- (vii) **Spiral fractures:** Spiral fractures are the results of an extreme twisting force being exerted on a bone.
- (viii) **Pathologic fracture:** It is caused by a disease that weakens the bones.

30. What do you understand by Round shoulders deformity? Suggest any four corrective measures for round shoulders. [1+2]

Ans. Round shoulders is a deformity linked and described with kyphosis, it is a condition where the upper back becomes excessively rounded and the shoulders appear to be hunched forward. The term rounded shoulders is used to describe a resting shoulder position that has moved forward from the body's normal alignment. The common causes of round shoulder are poor

posture, weakness of muscles, and a sedentary lifestyle.

The following are four corrective measures for round shoulders:

- (i) **Stretching exercises:** Stretching can help to loosen up tight muscles in the chest and shoulders, which can contribute to round shoulders. Some examples of stretching exercises include doorway stretches, wall angels, and chest stretches.
- (ii) **Strengthening exercises:** Strengthening exercises can help to improve posture and build strength in the muscles of the upper back and shoulders. Examples of strengthening exercises include rows, pull-ups, and shoulder blade squeezes.
- (iii) **Posture correction:** Improving posture is an important part of correcting round shoulders. This can involve making a conscious effort to stand and sit up straight, keeping the shoulders pulled back and down, and avoiding slouching.
- (iv) **Lifestyle changes:** Making lifestyle changes such as increasing physical activity, reducing sedentary time, and improving sleeping posture can also help to correct round shoulders.

As per the Latest Board Syllabus
issued on 31st March, 2023

CLASS XII
2024
EXAMINATION

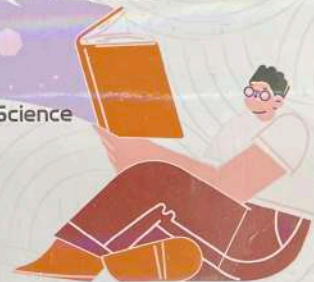
CBSE LAST 10 YEARS SOLVED PAPERS

(All Sets Included: Outside Delhi & Delhi)

Science Stream [PCM]

English • Physical Education • Computer Science
Physics • Chemistry • Mathematics

OSWAL
GURUKUL
SOLVING EXAMS




2.1 Exercise Guidelines of WHO for different age groups :

Stages of Growth and Development

- Infancy (0-2 years)
- Early childhood (2-6 years)
- Middle childhood (7-10 years)
- Late childhood (11-12 years)
- Adolescence (13-19 years)
- Adulthood (19-60 years)
- Old yrs (60 years and Above)




NEWBORN
0-2 mo


INFANT
2 mo-1 yr


TODDLER
1-4 yr

1. Infancy (0-2 years)

A. Exercise to develop head control, sitting & crawling,

B. Gross motor activities should be promoted,

C. Exercise for moving arms, legs, reaching to object,

D. Exercise like throwing, catching & kicking a ball,



2. Early childhood (3 to 6 years)

- A. Exercise to develop competence in movement skills.
- B. Emphasis on participation not on competition.
- C. Activities related to fine motor skills.
- D. Minimum one hour regular medium exercise.
- E. Recreative & enjoyable methods of physical activities.
- F. Clean & safe environment.



3. Middle child hood (7 to 10 years)

- A. Exercise to develop fine & gross motor skills
- B. Exercises to build & improve co-ordination skills
- C. Exercises to develop synchronize the movements of body's parts.
- D. Introduction of major sports activities cognitive and social skills.



4. Later childhood (11 to 12 years)

A. Exercise to develop body control, strength and coordination.

B. Activities related to endurance should be avoided.

C. Organized or team games to develop social consciousness.

D. Teach basic rules of sports i.e., fair, play, simple strategies.

E. Introduction to concept of sport training.



5. Adolescence (13 to 18 years)

A. Moderate to vigorous intensity physical activity.

B. 60 min to several hours everyday.

C. Muscle strengthening exercise at least 3 times a week.

D. Bone strengthening exercise and resistance exercise by weight training.

E. Running swimming etc. for stamina building.



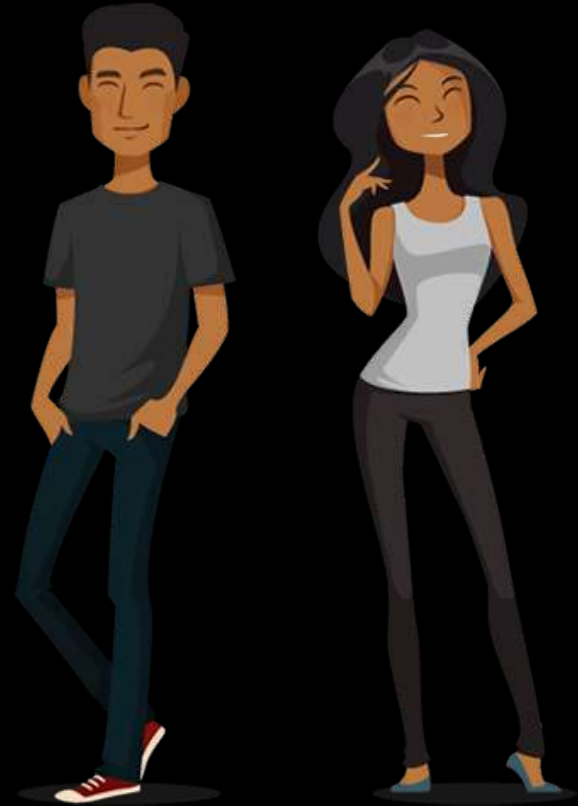
6. Adult hood (19-60 years)

A. Moderate intensity physical every day.

B. Muscles strengthening exercise at lest 2 times a week.

C. Bone strengthening exercise and resistance exercise.

D. Running, swimming, etc. for stamina building.



7. Old age (60 years and above)

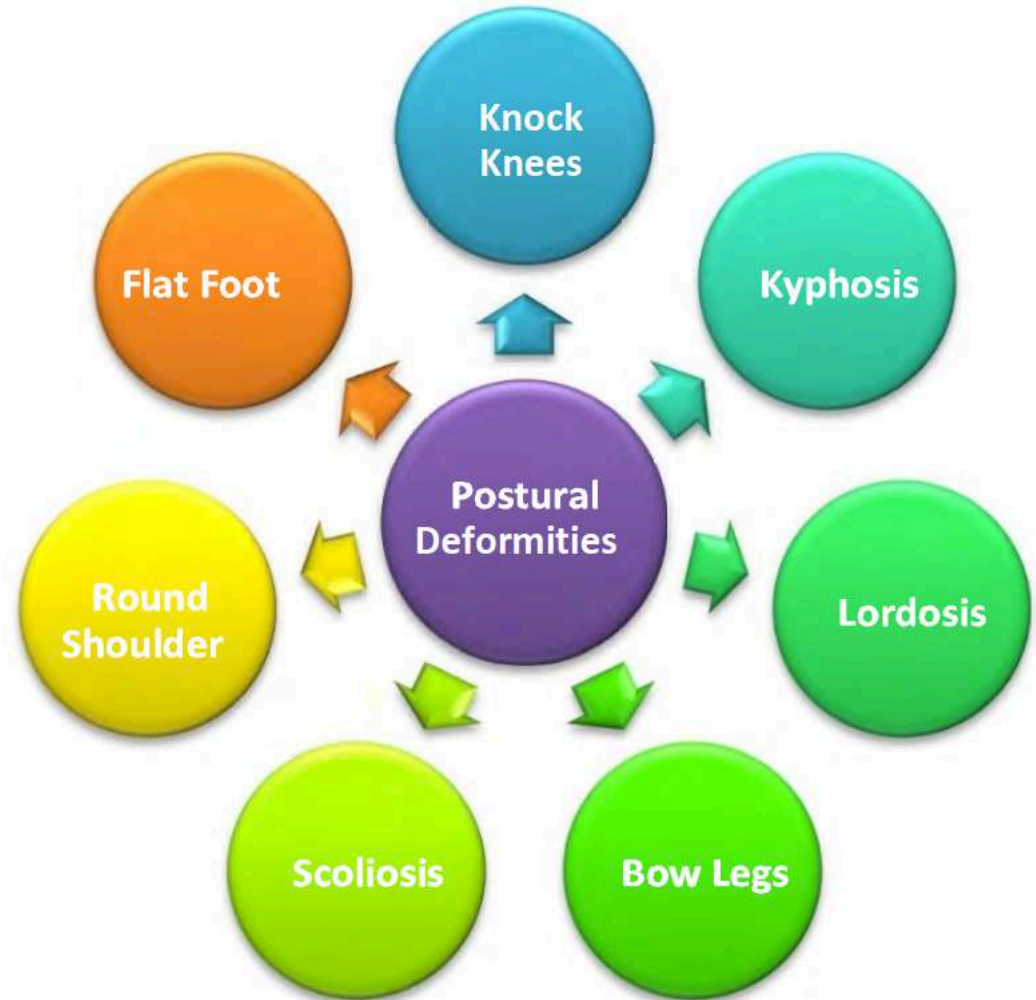
A. At least 5 days of moderate intensity activities such as walking, light-jump etc. It should be done for above 45- 60 minutes. These actions should be done over a period of 10-10 minutes.

B. Those who are more active than an elderly mature, They should do more than 30 minutes of high-strength activity, combined with the actions of moderate intensity. Such as climbing stairs, running etc.



2.2 Common Postural Deformities and their Corrective Measures

Postural deformity is the **malformation** of any components are body part or joint of the body.

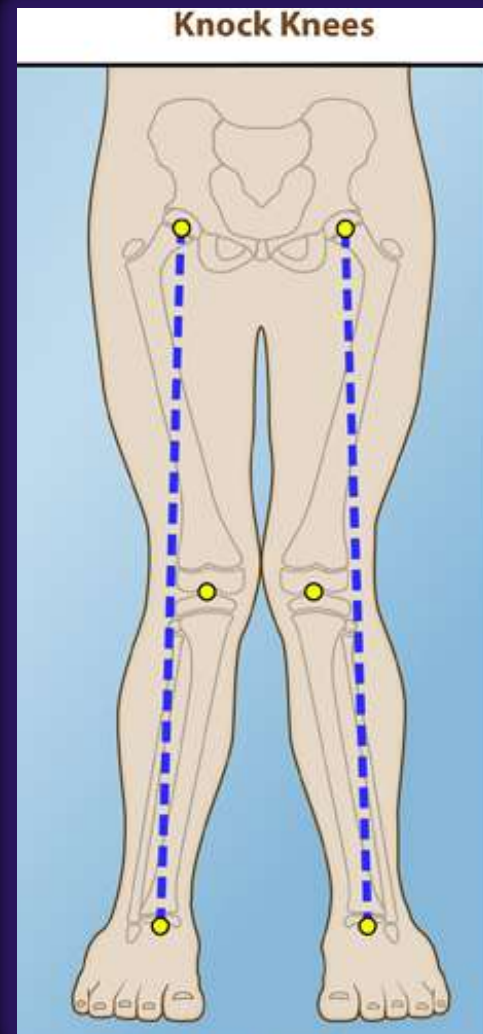


1. Knock Knee -

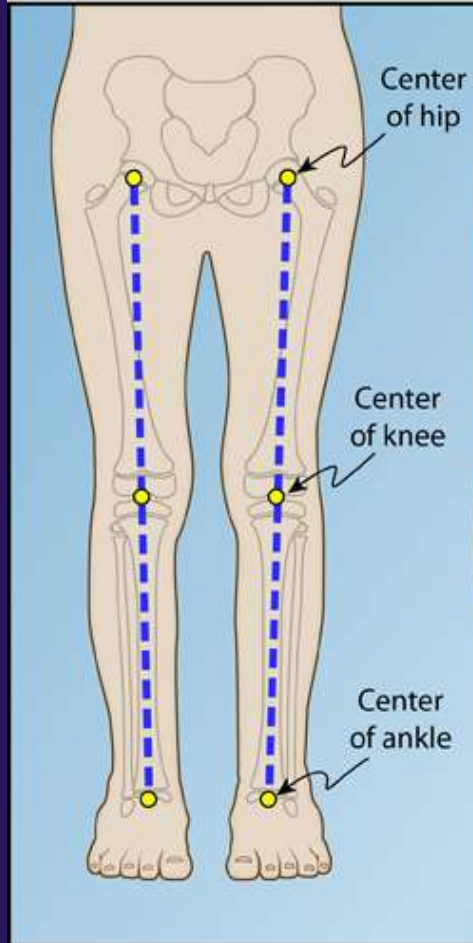
Knock Knees, also known as **Genu valgum**, is a knee misalignment that turns the knees inward. As a result, both knees touch or knock against each other in a normal standing posture but there is a gap of 3-4 inches between the ankles.

Causes of knock knee :

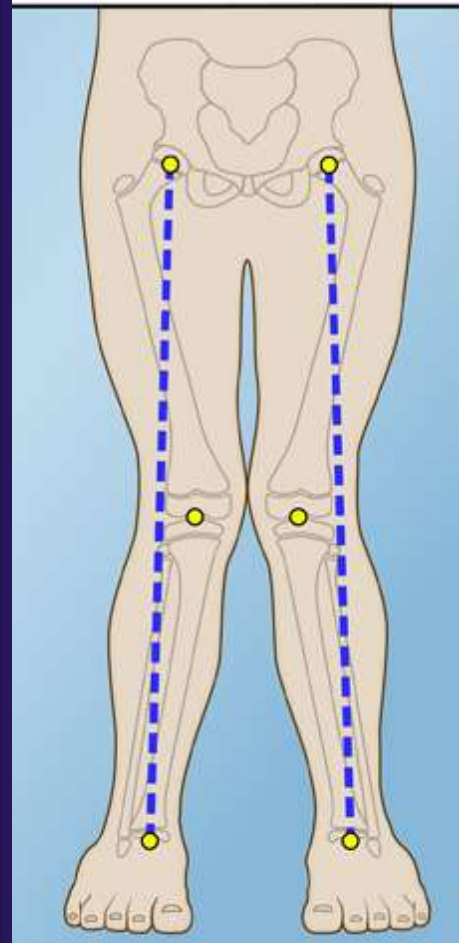
- (i) Weakness of muscles and ligaments
- (ii) Overweight body
- (iii) Lack of balanced diet
- (iv) Lack of vitamin-D



Normal Alignment



Knock Knees



Corrective measures of Knock Knees :

Walking on an outward inclining surface and applying pressure on the outer edge of the feet

Exercises like horse riding and keeping the pillow between the knees and standing erect for some time are the best.

Yoga :

1. Padmasana
2. Gomukhasana

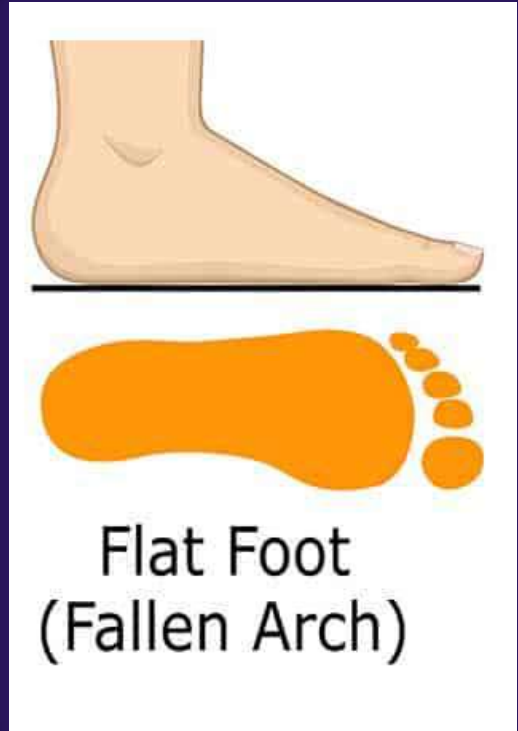


2. Flat Foot :

Flat foot is also known as **pes planus** or fallen arches. It is a condition that may be diagnosed by looking at the arch of the foot or by taking the water print test. As the name flat foot suggests, people suffering from this deformity have either **no arch in their feet**, or one that is very low, allowing the entire soles of the feet to touch the floor in standing position.

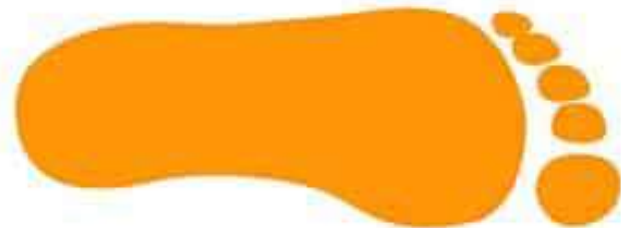
Causes of Flat foot :

- 1.Faulty posture
- 2.Prolonged standing
- 3.Excessive body weight
- 4.Lack of proper exercise





Normal Foot



Flat Foot
(Fallen Arch)

Corrective measures of flat foot :

1. Heel and toe Walking
2. Walking on sloping surface

Exercises like jumping on toes and heels, **skipping rope**, strengthens the muscles of foot which help to develop the arch in the foot.

Activities like **picking up marbles with toes**, writing numbers in the sand with the toes will also help in developing the arch.

Yoga :

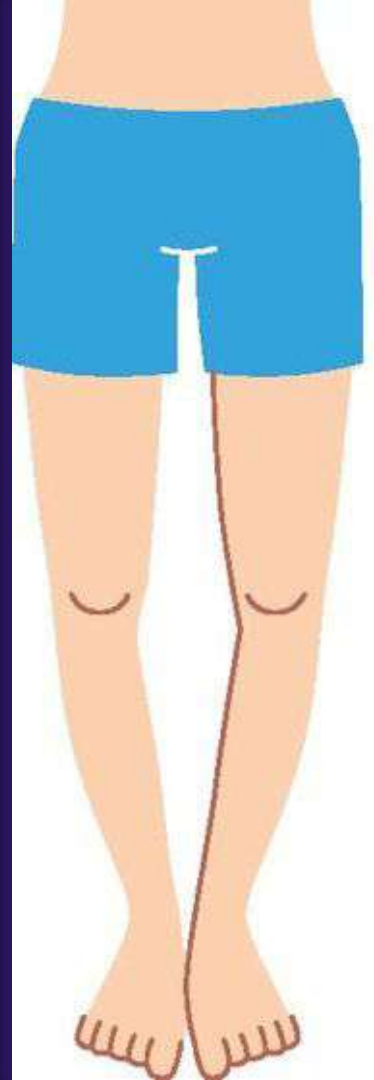
1. Adhomukhasana
2. Vajrasana



3. Bow Legs :

Bow Legs, also known as **Genu varum**, is a position of knees in which legs look like a bow, when the legs curve outward at the knees while the feet and ankles touch.

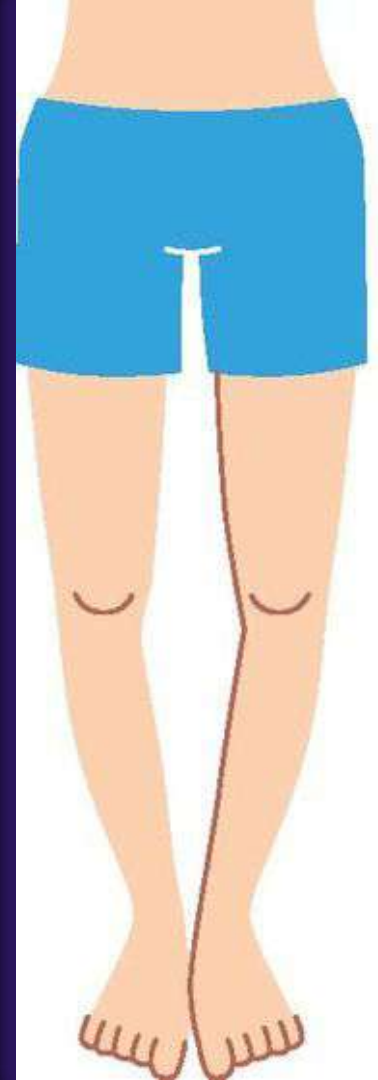
Infants and toddlers often have bow legs. It may be caused due to lack of Vitamin D, Phosphorus and Calcium and can be easily cured at an early stage.



Corrective Measures of Bow legs:

Feed calcium to children

Use of braces and modified shoes can be along with sufficient intake of balanced diet can prove to be of help. Walking on the inner edge of the feet may also help.



4. Round Shoulder :

It is a postural deformity in which the **shoulders are drawn**, the head is extended with the **chin pointing forward**.

Causes of round shoulders :

- (i) Due to poor posture while working
- (ii) Faulty furniture
- (iii) Wrong habit of sitting / standing
- (iv) Carrying heavy load on shoulders
- (V) By sleeping on one side





Corrective measures of Round Shoulders :

- 1.Regular Exercise
- 2.Leaning back on the chair

Most important measure to correct rounded shoulders is strengthening and stretching of muscles and trying to correct the imbalance of muscles by doing chest stretches, wall stretch, planks, pull ups, reverse shoulder stretch, etc.

Yoga asanas :

1. Chakrasana
2. Dhanurasana



5. Kyphosis :

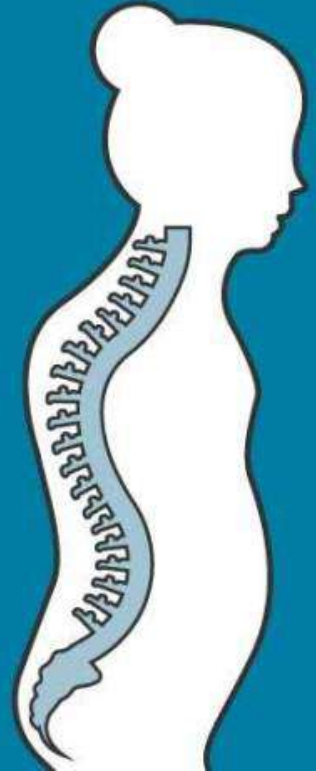
Kyphosis is also known as Hunch Back or round upper back.

It is a condition of the spine where the **curvature of the upper back gets exaggerated or increases**. It is an exaggerated, forward rounding of the back.

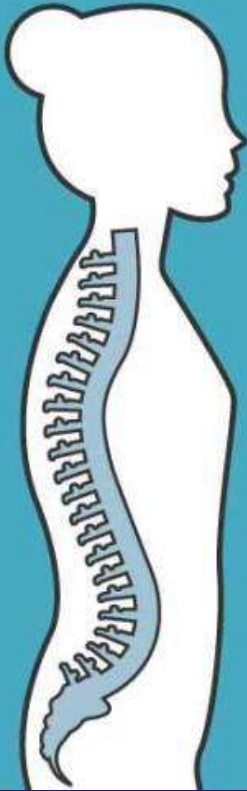
Cause of Kyphosis :

1. Habit of holding the head forward in an abnormal manner
2. Kyphosis can occur due to heredity, aging, disease (arthritis, osteoporosis), malnutrition, pulling of heavy weight over a period, unstable furniture, poor postural habit, weakness in muscles etc.

Kyphosis



Normal Spine



Kyphosis

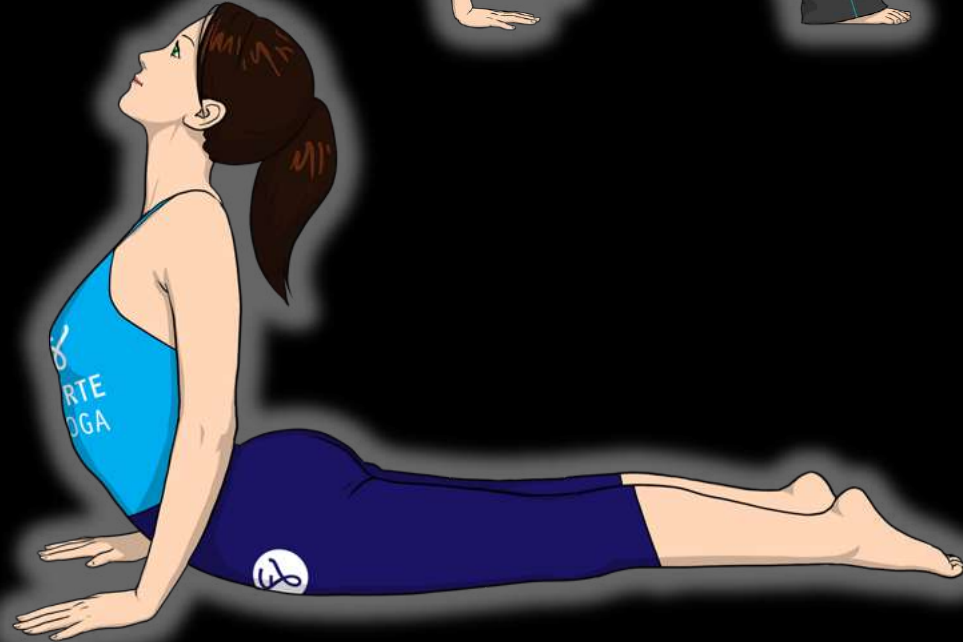


Corrective measures of Kyphosis :

Physical therapy, swimming, exercise/ gym ball exercises, exercises with bands

Yoga asanas :

1. Dhanurasana,
2. Chakrasana
3. Bhujangasana



6. Lordosis :

It is a common defect in deformity & posture.

Here **lumber curve becomes more pronounced** and front central position of pelvic region is tilted forward.



Corrective measures of Lordosis :

Exercises to develop strength in the pelvic region like sit-ups, sitting against the wall and pushing the trunk backward and lying on the back and raising upper extremities and legs together will give significant benefits.

Yoga asanas :

1. Dhanurasana
2. Halasana



7. Scoliosis

The word Scoliosis comes from the Greek **skolios** which means **bent**. Scoliosis is a position in which the spine is tilted to either side of the body. It is a position of **exaggerated lateral curvature** or **sideways curvature** of the spine.

In this disorder, the spine bends, twists or rotates in a way that it makes a C or an **S shape**.



Corrective measures of scoliosis :

In cases of mild Scoliosis, no treatment is necessary. Some children may need to wear a **brace** to stop the curve from worsening.

Others may need surgery to keep the problem from worsening and to straighten the spine. Exercises like **hanging on the horizontal bars** and swinging should be done on opposite side of the C-shaped curve.

Breaststroke in swimming

Yoga :

1. Trikonasana
2. Adhomukhasana



2.3 Sports Participation of Women in India :

Sports Participation of women means women Participation in the field of sports and games.

In 1952 Olympic games, the first India women took part. In 2000 Olympia games, **Karnam Malleshwari** (weight lifting) become the first Indian women to have won a bronze medal.





SANIA MIRZA



P.T USHA



SAINA NEHWAL



P.V. SINDHU



MARY KOM

Factors responsible for less participation of women in the field of sports

Physical factors

1. Lack of fitness and wellness
2. Female Athlete Traid

Psychological factors

1. Lack of confidence
2. Lack of interest of spectators
3. Less no. of female coaches
4. Less media coverage
5. Personal safety
6. Less education of women

Sociological factors

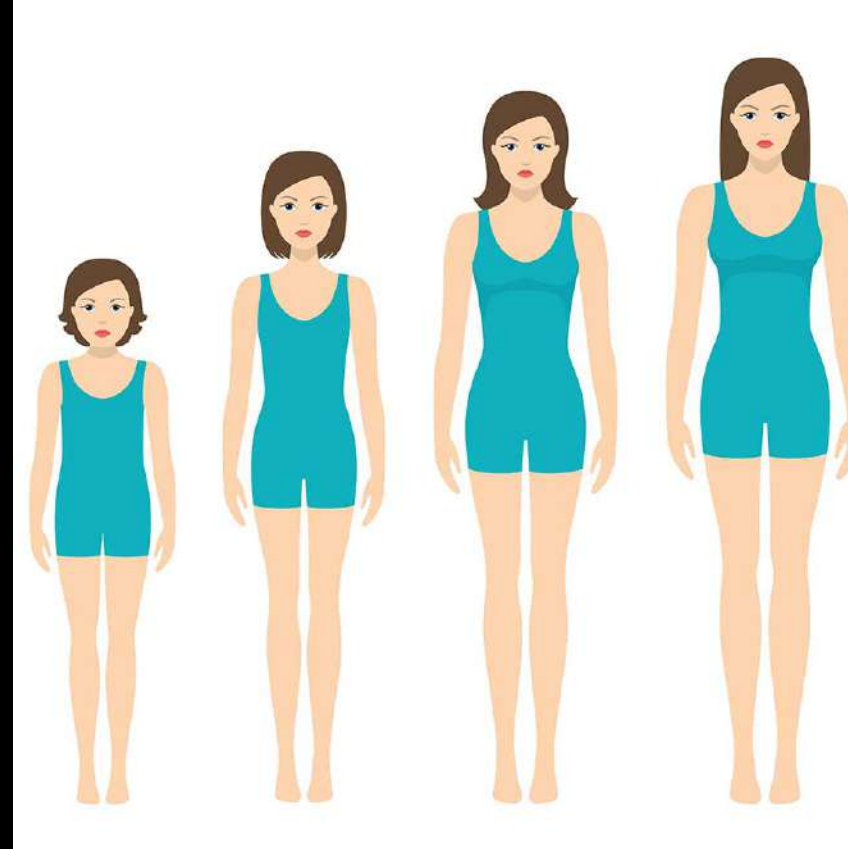
1. Lack of legislation
2. Lack of time for sports activity
3. Male dominated Culture in the sports
4. Attitude of society towards women in sports participation

2.4 Special consideration (Menarche & Menstrual Dysfunction)

The **period of adolescence** is marked by certain universal physical and biological changes in the body which lead to the attainment of **sexual maturity**.

The time when sexual maturity is reached is called **puberty**.

Menarche (first menstruation) is usually considered the point of sexual maturity for **girls**.



2.4 Special consideration (Menarche & Menstrual Dysfunction)

It is the process in which **female reproduction system matures** and the body prepares itself for potential pregnancy.

Table 20.1 Secondary sex characteristics in boys and girls.

Girls	Boys
Height and weight increase.	Height and weight increase.
Fatty and subcutaneous tissues develop.	Muscles develop.
Hip broadens.	Shoulder broadens.
Hair grows in arm pits and pubic area.	Hair grows in the arm pits and pubic area, and facial hair also appears.
Voice becomes shrill.	Voice break takes place due to lengthening of vocal cord and enlarging of larynx.
Breast develops.	Size of the penis increases.

2.4 Special consideration (Menarche & Menstrual Dysfunction)

Menstruation (also termed as period or bleeding) is the process in a woman of discharging (through the vagina) **blood** and other materials from the lining of the uterus at about a monthly interval from puberty until menopause, except during pregnancy.

This discharging process lasts about 3-5 days. Women usually have periods until about ages 45 to 55 and have menopause usually around age of 50.

Menopause means that a woman is no longer ovulating and can no longer get pregnant.



Special Consideration

```
graph TD; A[Special Consideration] --> B[Menarche]; A --> C[Menstrual Dysfunction];
```

Menarche

It is the first menstrual bleeding and is a central event of female puberty.

Menstrual Dysfunction

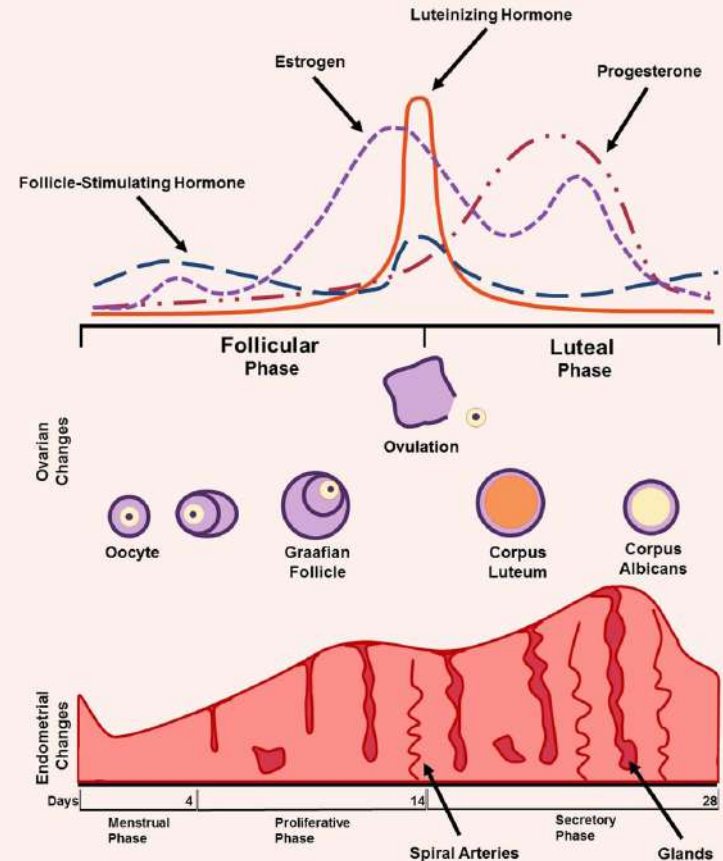
It is a disorder Irregularity of women's menstrual cycle. In order words "abnormal Bleeding" During the menstrual cycle

Menstrual dysfunction is an abnormal condition in a woman's menstrual cycle.

Normal range of the menstruation cycle is **21 to 35 days**. If it happens earlier than 21 days or after more than 35 days, then it's a problem.

Other menstrual problems include **missing three or more periods**, menstrual flow heavier or lighter in comparison with usual, cycle happening longer than seven days, any pain, cramping or vomiting during period, bleeding after menopause etc.

Menstrual Cycle



Causes of abnormal menstrual cycles or menstrual order are:

1. Overweight,
2. Stress,
3. Dietary disorder,
4. Disease,
5. Sudden change in exercise schedule,
6. Travel,
7. Other medical complications etc.

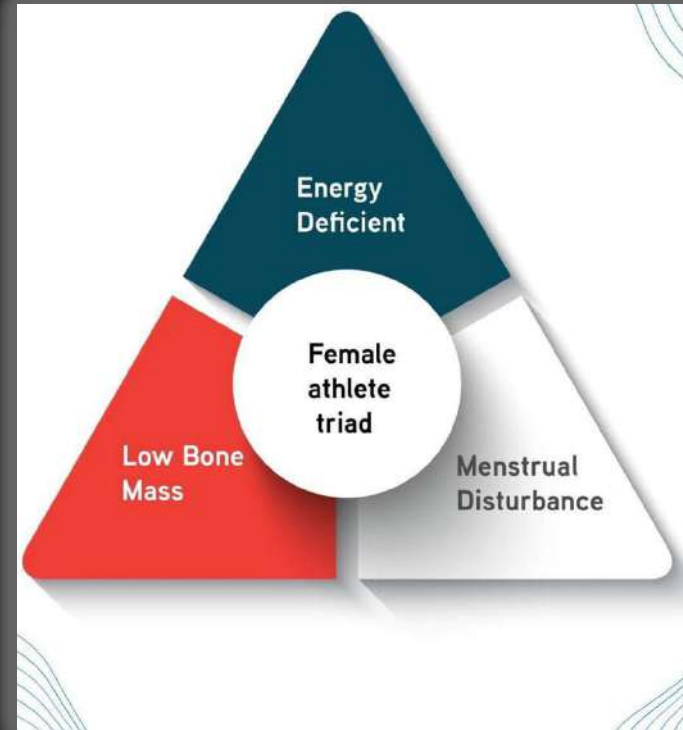


2.5 Special consideration (Menarche & Menstrual Dysfunction)

Sports like Judo, boxing, wrestling, taekwondo etc. **exert a lot of pressure** on athletes to maintain their shape and weight. Participation in sports like distance running, cycling, cross country etc. athletes have to take a balanced diet since these demand high levels of energy and a good quantity of dietary intake.

Such pressures put the athlete's health at risk and leads **to Female Athlete Triad**. The term 'triad' was first described by American college of sports medicine in 1992, and the three components to describe the triad were

- (a) disordered eating,
- (b) amenorrhoea and
- (c) osteoporosis



Female Athletes Triad

Female Athletes Triad

Osteoporosis

It is weakening of the bone due to the loss of bone density & improper bone formation due to insufficient amount of calcium in skeletal system.

Amenorrhoea

It is a menstrual disorder or illness in females of 18yrs & above either never begin menstruation or absence of menstruations for three or more months

OR

The cessation of women's menstrual cycle for more than three months or more

Eating Disorder

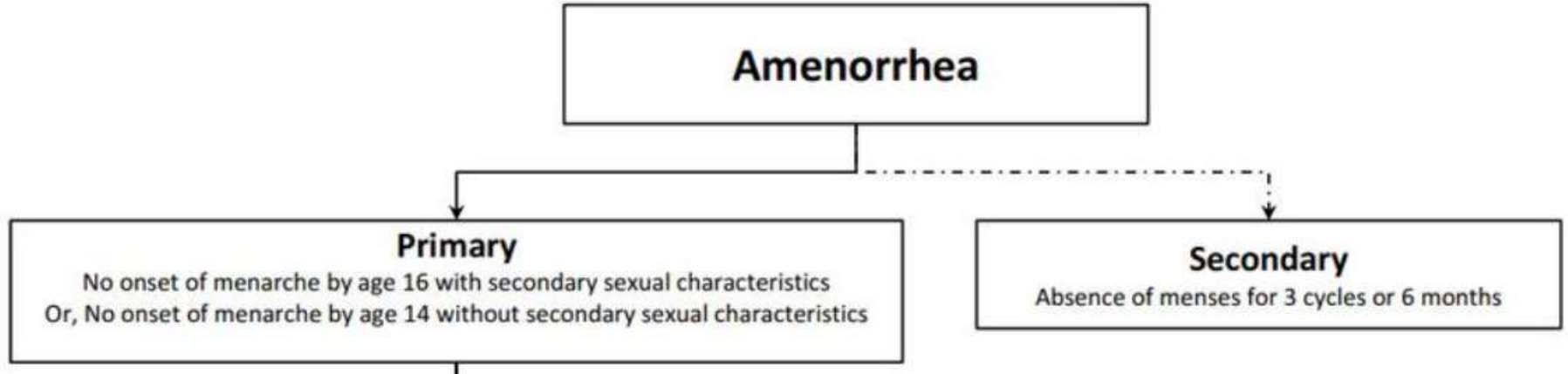
Eating disorders are mental illness which cause disturbances of an individual's regular diet.

OR

It is a range of Psychological disorder in which a person's eating behaviour is abnormal. It may be normal. It may include inadequate or excessive food intake which can ultimately harm an individual's well-being.

These types are
a. Anorexia Nervosa
b. Bulimia Nervosa





If the menstruation cycle does not begin at puberty, the condition is called **Primary Amenorrhea**.

Secondary Amenorrhea is when a woman who already menstruates does not get her period for 3 months or more.

EATING DISORDERS

ANOREXIA NERVOSA

- Dangerously underweight
- A relentless pursuit of thinness
- Has distorted perception of body image and an intense fear of gaining weight

BULIMIA NERVOSA

- May be of normal weight or slightly overweight
- Recurrent episodes of bingeing and compensatory behaviours in order to prevent weight gain
- Worried about weight and usually feels lack of control over such episodes

BINGE EATING/ PURGING TYPE

Regularly engages in binge-eating and/ or purges food later through self-induced vomiting, laxatives or other medication

RESTRICTING TYPE

Tries to lose weight by dieting, fasting, or exercising excessively

PURGING TYPE

Purges through self-induced vomiting, laxatives or other medication

NON-PURGING TYPE

Tries to lose weight through fasting or excessive exercising



ANOREXIA NERVOSA

VERSUS

BULIMIA NERVOSA

“Too skinny”



“She needs

“Unhealthy b

Anorexia Nervosa mainly refers to starving on purpose, to create a skeletal like body

Patients are very thin or emaciated most of the time

Patients prefer to starve or eat less

May result in conditions like amenorrhea, osteoporosis, infertility, etc.

Bulimia Nervosa refers to binge eating followed by purging, resulting in an average or overweight body due to the residual amount of calory

Patients usually have an average weight ideal for their height and age or in some cases, an obese body

Patients eat heavy meals followed by purging

May result in heart failure and damage to esophagus and teeth

“TOO FAT”



“FAT

”

MCQs

Q.1. Choose the correct one

A

1. Infancy
2. Old age
3. adulthood
4. adolescences
5. childhood

B

- a. 13-18 yrs
- b. 19 to 59 yrs
- c. 60 yrs and above
- d. 3 to 12 yrs
- e. 0-2 yrs

1. 1-a, 2-b, 3-c, 4-d, 5-e
- 2.. 1-e, 2-c, 3-b, 4-a, 5-d
3. 1-e, 2-d, 3-c, 4-b, 5-a
4. 1-b, 2-c, 3-d, 4-a, 5-e

2. Which development is motor development

1. Bones & muscles.
2. Sense Organs
3. Disorder development
4. Postural deformity

Practice Question

Q. What do you mean by
Kyphosis?
What are its various causes
and corrective measures?

Expected Questions of Unit - 2

Previous Year Questions

Previous Year Questions

18. Menarche is related to:

[1]

- (a) Ending of menstrual period in women
- (b) Beginning of menstrual period in women
- (c) Time of pregnancy
- (d) Spinal deformity

16. Match the following: [1]

List-I

List-II

- | | |
|---------------|--|
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| Genu Valgum | |
| II. Kyphosis | 2. Wide gap between the knees when standing with feet together |

III. Lordosis

3. Knees touch each other in normal standing position

IV. Bow legs

4. Inward curvature of the spine

Choose the correct option from the following:

- | | I | II | III | IV |
|-----|---|----|-----|----|
| (a) | 3 | 1 | 4 | 2 |
| (b) | 1 | 3 | 4 | 2 |
| (c) | 4 | 2 | 1 | 3 |
| (d) | 2 | 3 | 4 | 1 |

22. Elucidate any four types of fractures.

Ans. Following are the types of fractures:

- (i) **Simple fracture:** It is also called closed fractures, in this type of fracture a bone breaks but the broken bones remain within the body and do not penetrate the skin.
- (ii) **Compound fracture:** Also called open fractures, in this type of fracture the broken bones penetrate through the skin and expose the bone to the exterior environment.
- (iii) **Greenstick fracture:** This type of fracture involves bending of bone and cracks, instead of breaking completely into separate pieces.
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The following are four corrective measures for round shoulders:

(i) **Stretching exercises:** Stretching can help to loosen up tight muscles in the chest and shoulders, which can contribute to round shoulders. Some examples of stretching exercises include doorway stretches, wall angels, and chest stretches.

(ii) **Strengthening exercises:** Strengthening exercises can help to improve posture and build strength in the muscles of the upper back and shoulders. Examples of strengthening exercises include rows, pull-ups, and shoulder blade squeezes.

(iii) **Posture correction:** Improving posture is an important part of correcting round shoulders. This can involve making a conscious effort to stand and sit up straight, keeping the shoulders pulled back and down, and avoiding slouching.

(iv) **Lifestyle changes:** Making lifestyle changes such as increasing physical activity, reducing sedentary time, and improving sleeping posture can also help to correct round shoulders.

1. Suggest Physical exercises for childhood and adulthood. (3 Mark)

[2020]

2. Give your outlook on participation of Indian women in sports. (5 Mark)

[2020]

CBSE Sample Paper Questions

Q16. If the menstruation cycle does not begin at puberty, the condition is called _____ [CBSE Sample Paper 2023-24]

- a) Primary Amenorrhea.
- b) Secondary amenorrhea
- c) Oligomenorrhea
- d) Dysmenorrhea

Q18. Kyphosis is also known as _____
[CBSE Sample Paper 2023-24]

- a) Hallow Back
- b) Hunch Back.
- c) Curve Back
- d) both (a) and (b)

Q29. Define Fracture and explain any four types of fracture. (3M)

[CBSE Sample Paper 2023-24]

Q10. What is the name of the postural deformity caused due to increase in the curve at the **lumbar region**?

- a) Knock knees
- b) Bow legs
- c) Kyphosis
- d) Lordosis

Lordosis :

It is a common defect in deformity & posture. Here **lumber curve becomes more pronounced** and front central position of pelvic region is tilted forward.



Sway
Back



Lumbar
Lordosis



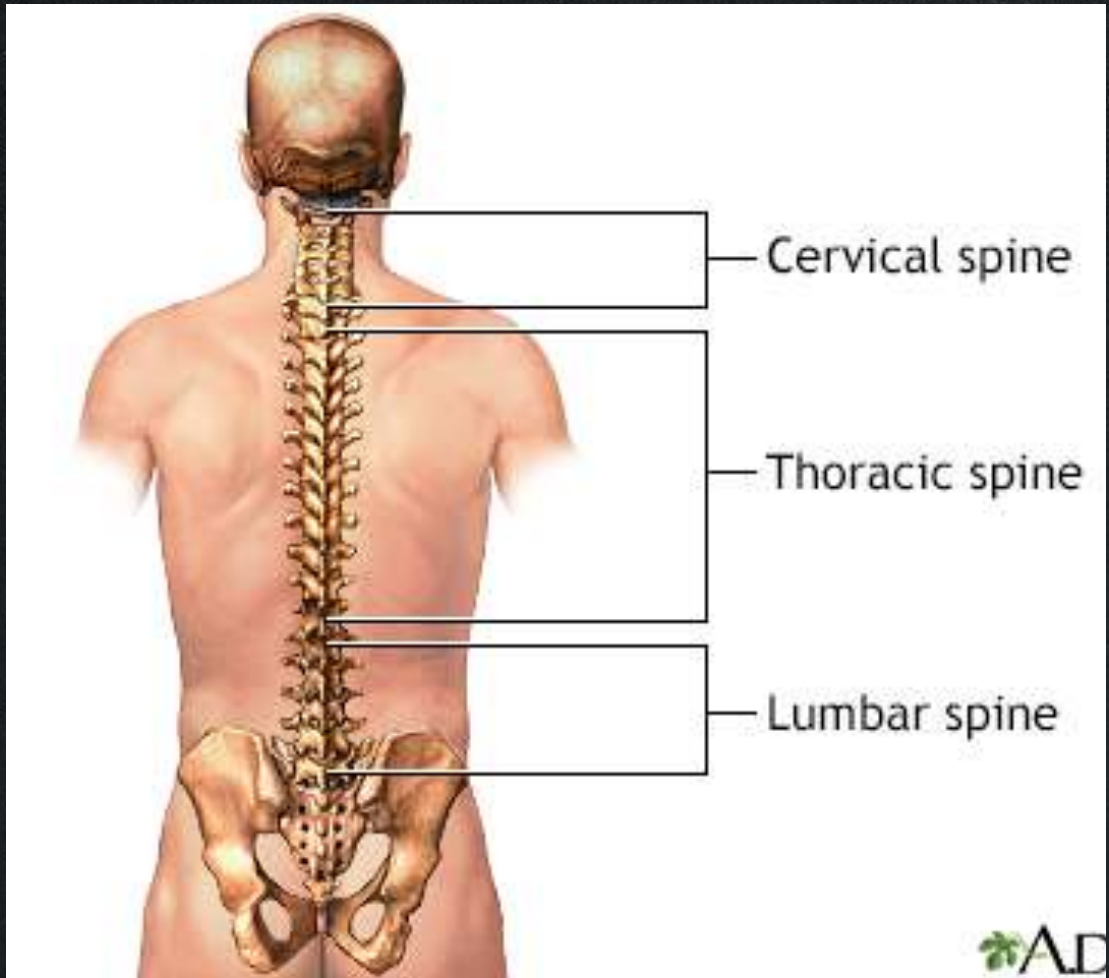
Thoracic
Kyphosis



Forward
Head

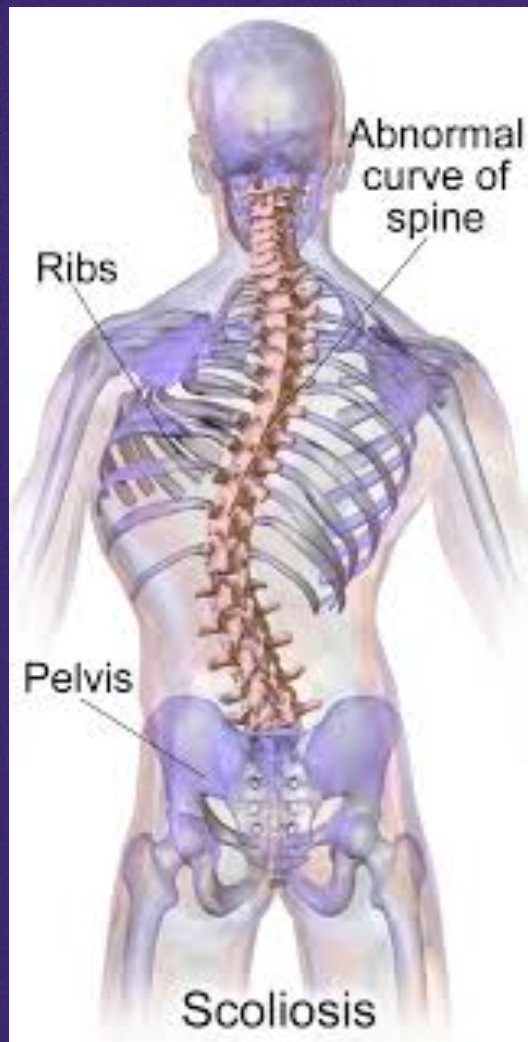


Good
Posture



Q13. Which postural deformity has Convexities right or left?

- a) Flat foot
- b) Knock knees
- c) Kyphosis
- d) Scoliosis



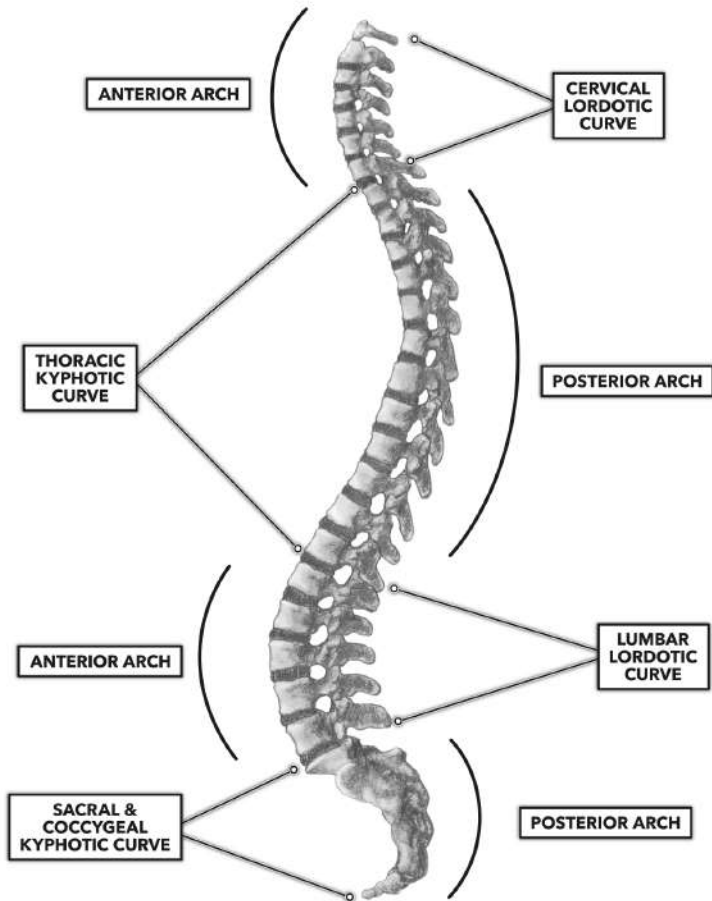
Q18. Which of the following is **not** a spinal curvature deformity?

- a) Kyphosis
- b) Scoliosis
- c) Lordosis
- d) Flatfoot

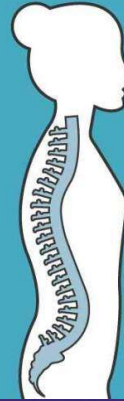
Q23. Which postural deformity is related to Posterior curve of the spine?

- a) Scoliosis
- b) Kyphosis
- c) Lordosis
- d) Knock knees

LEFT LATERAL VIEW



Normal Spine



Kyphosis



Q26. Which exercise should be done to cure this deformity?

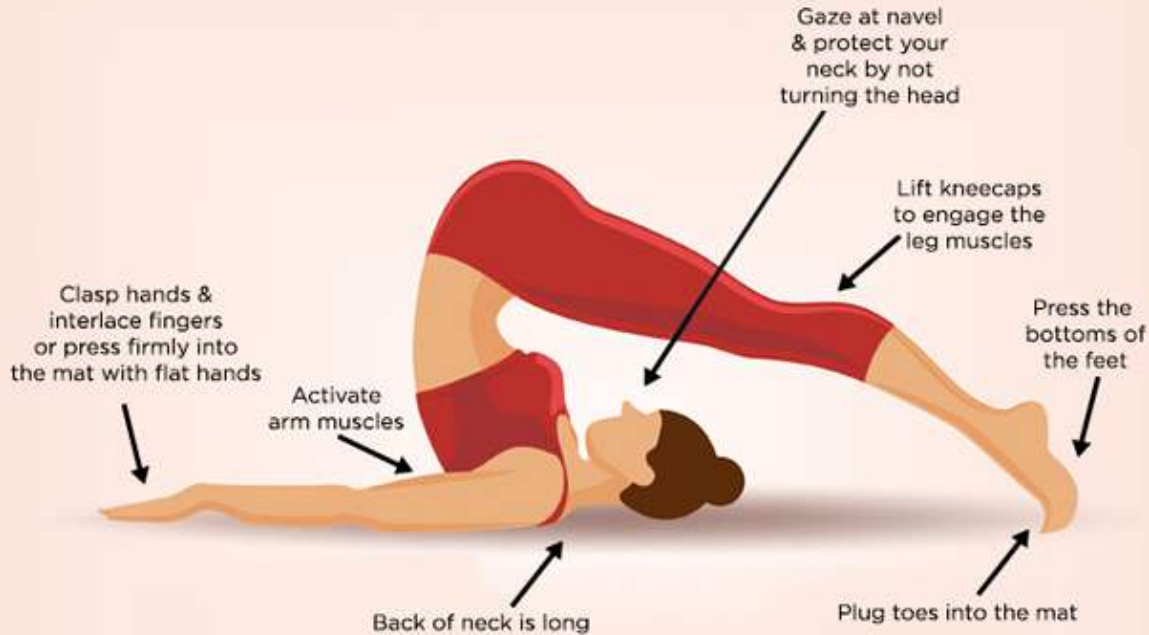


- a) Skipping
- b) Walking on heels
- c) Both a) and b)
- d) Hanging on horizontal bar

Q30. Halasana is used for curing which of the following deformities?

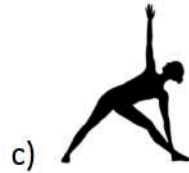
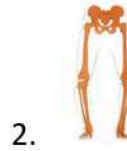
- a) Kyphosis
- b) Scoliosis
- c) Lordosis
- d) Flatfoot

HALASANA



Halasana and paschimottanasana is suitable for management of lordosis spinal deformity.

Q33. Match the postural deformities with their remedial activity:



	a	b	c	d
a) 1	3	2	4	
b) 1	4	3	2	
c) 1	3	4	2	
d) 4	2	3	1	

Q54. Sandy is diagnosed with postural adaptation of the spine in lateral direction. The curve is identified as convexity right. It happened due to Sandy's underdeveloped legs and carrying heavy loads on one side only.

What kind of postural deformity doctors found in Sandy?

- (a) Scoliosis
- (b) Round Shoulder
- (c) Bow Legs
- (d) Flatfoot



Thank-You

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